



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2023 Number 18
Tuesday 9 May 2023



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VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 6 MAY 2023

Our VRWC winter season continued on Saturday afternoon with road races at our club headquarters at Middle Park. After a wet Friday night and a wet Saturday morning, the weather cleared just in time for our races. We had to shorten our course to a 1km loop due to large puddles on the top section of the course but, with only shorter distance events on offer, competitors were not impacted.

It was a big day, with a club coaching session held from midday till 1:30PM, followed by our club races which got underway at 2PM. The coaching course had 42 attendees and saw insightful presentations by Simon Baker, Frances Attard and Mark Donahoo. Mark's presentations have been uploaded to <http://www.vrwc.org.au/vrwccoach.shtml>.

The club races saw 40 walkers in attendance, a great start to the season. The 8km, 6km and 4km races got underway first, with **Riley Coughlan** leading out, followed by **Marcus Wakim** and **Char Hay**. All walked impressively. The oldest and youngest walkers (76 yo **Andrew Jamieson** and 13 yo **Mietta Morgan**) also showed how it is done, walking excellent times.

This was our first Winter Season Points day, with Handicap and Actual Time competition points on offer. Note you must have a previous time with us over a comparable distance before you can be allocated Handicap points. Read more about our Points Competitions and see the points awarded today at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

8km Walk					H'cap place
1.	Char Hay	F	U20	42:56	2
2.	Carolyn Rosenbrock	F	M60+	46:07	1
1.	Marcus Wakim	M	U18	37:16	2
2.	Gerard Feain	M	M60+	50:41	1
6km Walk					H'cap place
1.	Ariana Pashutina	F	U18	32:26	2
2.	Jade Chitty	F	U20	33:44	3
3.	Grace Louey	F	U20	34:51	1
4.	Emily Smith	F	U18	35:37	6
5.	Heather Carr	F	M60+	40:36	5
6.	Marnie Zakis	F	M40+	41:45	4
1.	Eden Morgan	M	U18	29:14	1
2.	Jonathan Ho	M	U20	34:44	2
3.	Andrew Jamieson	M	M60+	37:58	3
4km Walk					H'cap place
1.	Maddison Nash	F	U18	21:58	3
2.	Kylie Irshad	F	M40+	23:25	5
3.	Mietta Morgan	F	U14	23:26	1
4.	Dee Holohan	F	M40+	26:35	2
5.	Gwen Steed	F	M60+	30:38	4
1.	Riley Coughlan	M	U18	17:53	2
2.	Daniel Pashutin	M	U16	21:18	1
3.	Pramesh Prasad	M	M40+	21:26	3
4.	Steven Haverly	M	M60+	36:34	

Our shorter events got underway 15 mins later, with 18 mostly young walkers powering through the 1km and 2km distances. Amazing youngster **Ela Uzun**, who has just turned 12, led out as usual, storming to new U13-U20 club records with her time of 9:13. **Mya McClure**, **Havana Ali** and **Matilda Read** also walked impressively, also recording big PBs. Rounding out the day's action,

Zoe Bowkett, Logan Allison and Pippa Read took fastest times in the 1km. We also welcomed first time VRWC attendees **Hannah Matthews, Indigo Marshall-Moodie, Ella Harris, Marj Apple and Abby Fowler**. Welcome to the club, everyone.

2km Walk

1.	Ela Uzun	F	U12	9:13
2.	Mya McClure	F	U12	10:03
3.	Havana Ali	F	U12	10:30
4.	Matilda Read	F	U14	10:55
5.	Hannah Matthews	F	U14	11:21
6.	Amelia Vernal	F	U16	12:12
7.	Makenzie Davis	F	U12	12:27
8.	Indigo Marshall-Moodie	F	U12	13:03
9.	Emilie Garside	F	Op	14:32
1.	John Nottle	M	M60+	13:12
2.	Tate Jardine	M	U12	13:57

H'cap place

5	VRWC U13-U20 Records
4	PB 0:21
2	PB 0:14
1	PB 1:12
	First time with us
3	PB 23
	First time over 2km
	First time with us
6	
	First time over 2km
1	PB 1:04

1km Walk

1.	Zoe Bowkett	F	U12	5:46
2.	Pippa Read	F	U10	5:53
3.	Anouk Morgan	F	U10	5:56
4.	Ella Harris	F	U10	6:13
5.	Marj Apple	F	M60+	7:44
6.	Abby Fowler	F	U10	17:29
1.	Logan Allison	M	U10	5:53

H'cap place

3	
2	PB 0:49
1	PB 0:39
	First time with us
	First time with us
	First time with us
	First time with us





Riley Coughlan, Andrew Jamieson, Marcus Wakim, Char Hay and Mietta Morgan



Ela Uzun, Matilda Rad and Heather Carr getting swamped by the youngsters!



Havana Ali



Simon Baker at the Coaching Clinic

Thanks as always to our many officials, judges and helpers. Apologies if we missed you!

Manager: Mark Donahoo
Referee: Terry Swan
Recorders: Ian Laurie, Debbie Nash, Richard Nash, Kevin Cassidy, Bob Gardiner, Mark Donahoo
Judges: Brenda Felton (chief), Gordan Loughnan, Di Lowden, Ralph Bennett, Peter Price, David Cash
Set up, Pack up: Gerard Feain, Kylie Irshad, Terry Swan, Ian Laurie, Bob Gardiner, Tim Erickson, Kevin Cassidy
Bike rider: Tim Erickson
Photos: Terry Swan (see <https://www.facebook.com/photo/?fbid=10229368032766093&set=oa.750729240115260>)

WHAT'S COMING UP

- Next week sees us back at Middle Park for more roadwalks:

Saturday 13th May 2023, Middle Park			
VRWC Events, For these events, online entries are accepted until Friday 11.59pm			
2.00pm	12km	Points Race	Open
2.00pm	10km	Points Race	Open
2.00pm	5km	Points Race	Open
2.15pm	3km	Points Race	Open
2.15pm	1km	Points Race	Open

Remember online membership renewals and race entries are via our new portal at <https://www.revolutionise.com.au/vrwc/>

- Looking further ahead to the annual **Racewalking Australia Carnival** which will be held at **Stromlo Forest Park in Canberra on Sunday 11th June 2023**. Entries are now open and we want to send as strong a VRWC team as possible. You can sign up to walk or volunteer through the following link: <https://vrwc.org.au/wp1/>. **Entries close 5pm on Wednesday 24th May** so you only have a couple of weeks. Talk to us at Middle Park on Saturday to find out more.

WALKER OF THE WEEK

This week's Walker of the Week is a three way spread.

- 12 year old **Ela Uzun** stormed through the 2km roadwalk at Middle Park on Saturday with a PB time of **9:13**, setting new VRWC U13-U20 records. It seems Ela sets new standards just about every time she toes the start line. And it's always a stylish and safe looking performance.
- 25 year old **Jemima Montag** has an official 10km PB of 42:35. Competing in the AV 10km road run championship at Albert Park on Sunday, she walked the whole way and recorded the absolutely fantastic time of **41:49**. Ok, it wasn't an official walk but it indicates that Jemima is now ready to take that next step up the ladder in her international career.
- 32 year old **Rhydian Cowley** has an official 10km PB of 39:14. Also walking in the AV 10km road run championship on Sunday, he finished with a time of **38:52**. Again unofficial but an indicator of what a great summer Rhydian has had and what we might expect of him as the winter proceeds and he prepares for the 2023 World Championships.

TRWC ROADWALKS, DOMAIN LOOP, HOBART, SATURDAY 6 MAY 2023

Thanks to Dave Moore for this week's results from Tasmania. He reports:

Today's forecast rain and hail didn't appear in its place was fine blue sky day, and a chilly 9 degrees for our TRWC events at our hilly Domain course. Accolades to our dedicated group of youngsters, nice walking from all on a tough course. Having her first ever Race Walk (Road or Track) was **Marinette Alberts** from Kinston LA, Marinette showed she has the basics of Race Walking technique well in hand and we hope to see her in more events throughout the winter.

1km Walk

1. Marinette Alberts Kingston LA 7:51 (First one)

1.5km Walk

1. Elsie Woodward Huon LA 13:18

2km Walk

1. Lily Carr OVA 12:44
2. Adele Woodward OVA 14:58
3. Isla Direen Huon LA 17:02
4. Dave Moore TMA 18:50

5km Walk

1. Wayne Fletcher NS 45:04

SARWC ROADWALKS, ADELAIDE SOUTH PARKLANDS, ADELAIDE, SATURDAY 6 MAY 2023

Thanks to Kim Mottrom for this week's results from South Australia. Kim's comments: *Wet and cold in Adelaide today, however some PB's and a couple of athletes did their longest ever races.*

Open 10km Walk

1.	Kim Mottrom	45:05	
2.	Rhiannon Lovegrove	59:22	
3.	Peter Crump	59:42	
4.	Mel Grantham	1:01:50	
5.	Marie Maxted	1:08:00	
6.	Alex McEwan	1:23:05	First 10km

Open 5km Walk

1.	Daisy Braithwaite	24:47	
2.	Sebastian Richards	25:36	
3.	Cooper Rech	26:09	PB 0:27
4.	Elise Scott	28:42	First 5km
5.	Matilda Gourlay	29:30	
6.	Greg Metha	30:12	
7.	Zayden Kamish	30:39	
8.	Angelina Legrand	31:33	
9.	Di Camilleri	42:02	
	Katie DeRuvo	DNF	

Open 3km Walk

1.	Matilda Rech	19:31	
2.	Senna Cook	19:54	PB 2:43

Open 2km Walk

1.	Caleb Camilleri	12:40	First 2km
2.	Liliana Templer	12:43	
3.	Kristy Templer	17:16	

Open 1.5km Walk

1.	Anthony Crabb	12:37	
2.	Martin Crabb	12:40	
3.	Robert Crabb	12:42	

WARWC ROADWALKS, PERRY LAKES, PERTH, SUNDAY 7 MAY 2023

Thanks to Terry Jones for this weekend's results from Western Australia. After overnight rain the weather was cloudy but fine for the duration of the walks.

10km Walk

1.	Andrew Duncan	59.25	
2.	Karyn Tolardo	1.01.26	
3.	Victor Munoz	1.05.51	
4.	Marcela Ruiz	1.21.28	

3km Walk

1.	John Ronan	14.02	
2.	Kaytee Bogaers	17.17	
3.	Dylan Sardelich	17.50	
4.	Ashlyn Spence	17.59	
5.	Leila Bevis	19.02	

2km Walk

1.	Darcy Bramwell-Keys	12.06	
2.	Savannah Carnaby	12.15	
3.	Trinity Doulis	12.32	
4.	Charlotte Burgess	12.37	
5.	Hunter Sardelich	13.26	
6.	Hudson Conwell	13.29	
7.	Tayte Moore	14.11	

QRWC ROADWALKS, NORTH LAKES, BRISBANE, SUNDAY 7 MAY 2023

Thanks to Robyn Wales for this weekend's results from Queensland. She commented: *A sunny 24 Brisbane today.* Half their luck - Melbourne had one of its coldest and most miserable weekends for quite some time! Great to see a couple of former VRWC members in action – **Dip Chand** and **Adam Patterson**. Dip was a Fijian international back in the nineties and raced with us in Melbourne. Adam was also Melbourne based, a member of Nunawading Athletics Club and VRWC.

A Grade 10km Walk

1.	Scott Hyland	51.24	
2.	Dip Chand	1.07.39	
3.	Peter Bennett	1.08.33	

1.	Brenda Gannon	1.02.42	
2.	Jasmine Rose McRoberts	1.11.28	
3.	Joy Dale	1.27.30	
4.	Noela McKinven	1.27.59	
5.	Summer Millard	DNF	

B Grade 5km Walk

1.	Kai Dale	30.12	
2.	Adam Patterson	32.27	

1.	Phoebe Chadwick	33.26	
2.	Taylah Morris	DNF	

D Grade 2km Walk

1.	Hunter Sibenaler	14.35	
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1.	Makenna Clarke	11.26	
2.	Savannah Dunleavy	12.24	
3.	Freya Williams	13.36	
4.	Izzy Blackburn	14.19	
5.	Katelyn Trent	15.55	
6.	Mackenzie Wormald	16.25	
7.	April Kelly	17.10	

E Grade 1km Walk

1.	Jake Dunleavy	6.10	
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1.	Amelia Chisholm	6.10	
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F Grade 0.5km Walk

1.	Piper Dunleavy	3.46	
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C Grade 3km Walk

1. Kiara Waterman	18.33
2. Eliza Kelly	21.38

2. Harper Waterman

3.54

ACTRWC ROADWALKS, YERRABI POND, CANBERRA, SATURDAY 6 MAY 2023
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Thanks to Helen Toyne for this week's results from Canberra. *Thanks to Ann, Sam, Peter B and Troy for officiating.*

10km Walk

1. Gwyllym Young	49:08
2. Mike Smith	1:01.15

4km Walk

1. Hana Jugovic	23:34
2. Jill Pearson	27:53
3. Rosemary Parker (FW)	32:39
4. Bob Parker (FW)	31:40

2km Walk

1. Jim White (FW)	15:59
2. Jack Thackray (FW)	21:26

NSW WALKS ROUNDUP

Thanks to Frank Overton for these results from NSW, again a week behind in their publication, but that's ok. Better late than never!

NSWRWC Road Walks, Chipping Norton, Sydney, Saturday 29 April, 2023

Another bumper turnout for NSWRWC in Sydney on Saturday 29th April, with 46 walkers in total. Pick of the bunch was U14 walker **Sophie Polkinghorne** with 9:34 for 2km.

10km Road Walk

1. Brendan Pospischil	59.27
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5km Road Walk

1. Joel Byatt	25.05
2. Laelia Byatt	30.26
3. Aiden Pospischil	33.23
4. Jessie Becktas	33.41

U16 4km Road Walk

1. Alexander Sinnett	21.26
2. Evie Armstrong	22.09
3. Matilda Webb	22.46
4. Jessica Loring	22.47
5. Christopher Nilon	24.49
6. Erin Cassilles	25.58
7. Lily Twigiden	26.56
8. Ruby Byan	27.48
9. Alexander Wenzel	28.21

U14 2km Road Walk

1. Sophie Polkinghorne	9.34
2. Emma Hoskins	11.51
3. Ashleigh Farrugia	12.10
4. Michael Mathison	12.13
5. Madeline Kot	12.38
6. Patrick Waddington	12.52
7. Sienna Wade	13.03
8. Sagan Jones	13.07
9. Maeve Nolan	14.50

U12 1.5km Road Walk

1. Nate Appleyard	8.02
2. Keira Gill	8.20
3. Isla Banks	8.24
4. Joshua Waddington	8.27
5. Ashleigh Mansell	8.36
6. Hannah Hewitt	8.54
7. Ivy Murray	9.05
8. Felicity Rudd	9.23
9. Caitlin Allum	9.37
10. Scout Linton	9.41
11. Chloe Farrugia	11.14,
12. Luca Barakat	11.48
13. Rose Goska	12.02
14. Zoe Zantiotis	12.22
15. Alexander Dennett	14.00

U10 1km Road Walk

1. Harrison Bouquet	5.08
2. Stella Wade	5.08
3. Beth Cochrane	5.52
4. Addison Fahey	5.59
5. Veronica Dennett	6.24
6. Addison Jenkins	6.24
7. Milana Sorokin	7.36
8. Amelie Baracat	7.47

Central Coast Regional Athletics Mingara Track Meet, Mingara, NSW, Tuesday 2 May, 2023

Then fast forward a couple of days for a track meet on the Central Coast. Fast times by **Dylan Richardson, Jack McGinniskin and Myles Ashby.**

3000m Track Walk

1. Dylan Richardson	12:12.62
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2.	Jack McGinniskin	12:32.16
3.	Hannah Mison	12:35.73
4.	Hannah Bolton	13:42.84

1500m Track Walk

1.	Myles Ashby	6:47.48
2.	Raven Pyda	7:09.80
3.	Sienna Pitcher	6:52.91
4.	Caetlin Ashby	8:22.54

GRANDE PREMIO INTERNACIONAL DE RIO MAIOR, RIO MAIOR, SPAIN, SATURDAY 6 MAY 2023

Rio Maior was the last big European hitout before the 2023 European Race Walking Team Championships, which are to be held in Podebrady in 2 weeks time. It was billed as a World Athletics Race Walking Tour Gold meet, so attracted quite a few good athletes, but most of them from outside Europe. Chinese walkers dominated from a depth perspective, with 8 of the first 15 men and 6 of the first 11 women (including all 3 female placegetters). The top ranking male European was 47 year old Portuguese walker **João Vieira** with a time of 1:23:12. The top ranking European woman was **Ana Cabecinha**, finishing 7th with a time of 1:29:55.

The men's race saw Ecuadorian **Brian Pintado** win for the second consecutive year, with a time of 1:19:05, 41 seconds ahead of Brazilian **Caio Bonfim**, who repeated his second place finish of last year. World champion **Toshikazu Yamanishi** of Japan closed out the podium with 1:20:58.

The women's race was a closely fought and exciting race, which saw Chinese walkers **Jiayu Yang** and **Shijie Qieyang** sprinting together to the finish line. It was Yang who won out by one sec, 1:29:10 to 1:29:11. The fight for third place was also decided in the final sprint, in this case between Chinese **Liuqing Yang** and Peruvian **Kimberly García**, the defending champion. Yang won out with 1:29:31, just one second clear of García. This meant a clean sweep of the women's podium by the Chinese.

Both races are discussed comprehensively by World Athletics and by omarchador:

<https://worldathletics.org/competitions/world-athletics-race-walking-tour/news/rio-maior-grand-prix-yang-pintado>

<http://omarchador.blogspot.com/2023/05/brian-pintado-repete-vitoria-em-rio.html>

<http://omarchador.blogspot.com/2023/05/jiayu-yang-vence-20-km-femininos-em-rio.html>

Men's 20km Race Walk

1.	Brian Daniel PINTADO	29 JUL 1995	ECU	1:19:05
2.	Caio BONFIM	19 MAR 1991	BRA	1:19:46
3.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:20:58
4.	Zhaozhao WANG	01 SEP 1999	CHN	1:21:04
5.	Haifeng QIAN	08 JUL 2000	CHN	1:21:21
6.	Qin WANG	08 MAY 1994	CHN	1:21:38
7.	Kaihua WANG	16 FEB 1994	CHN	1:21:58
8.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:22:40
9.	César Augusto RODRÍGUEZ	26 JUN 1997	PER	1:22:47
10.	Isaac PALMA	26 OCT 1990	MEX	1:22:58
11.	João VIEIRA	20 FEB 1976	POR	1:23:12
12.	Jun ZHANG	20 JUL 1998	CHN	1:23:46
13.	Yongjie WEN	28 SEP 1999	CHN	1:24:07
14.	Tao YOU	19 JUL 1997	CHN	1:25:11
15.	Yangben ZHAXI	15 APR 1996	CHN	1:26:55
16.	Anderson CALLEJAS	17 JUN 2000	COL	1:27:02
17.	Jhonatan Javier AMORES CARUA	29 AUG 1998	ECU	1:28:08
18.	Santiago GOMEZ	25 MAY 1993	COL	1:28:34
19.	Rui COELHO	26 SEP 1994	POR	1:28:50
20.	Hélder SANTOS	07 MAR 1996	POR	1:29:23
21.	David KUSTER	25 MAR 1999	FRA	1:30:40
22.	Pedro DIAS	21 FEB 2003	POR	1:31:32
23.	Miguel Angel CALDERON	01 MAY 2001	COL	1:33:32
24.	Kyrian VALLEE	12 JUL 1994	FRA	1:33:56
25.	Tiago RAMOS	05 JUN 2003	POR	1:36:44
26.	Jerome CAPRICE	18 JAN 1983	MRI	1:36:49
27.	João OLIM	2000	POR	1:38:26
28.	Nicolas DE NEVE	08 JUN 1993	FRA	1:50:51
	Jose MESTRE	27 FEB 2001	ESP	DQ
	Manuel MARQUES	04 SEP 1978	POR	DQ
	Oscar PATÍN	01 FEB 2001	ECU	DQ
	Andres TABARES		COL	DQ

Women's 20km Race Walk

1.	Jiayu YANG	18 FEB 1996	CHN	1:29:10
2.	Shijie QIEYANG	11 NOV 1990	CHN	1:29:11
3.	Liujing YANG	22 AUG 1998	CHN	1:29:30
4.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:29:31
5.	Zhenxia MA	01 AUG 1998	CHN	1:29:36
6.	Erica SENA	03 MAY 1985	BRA	1:29:48
7.	Ana CABECINHA	29 APR 1984	POR	1:29:55
8.	Viviane LYRA	29 JUL 1993	BRA	1:30:57
9.	Johana ORDÓNEZ	12 DEC 1987	ECU	1:31:45
10.	Lamei YIN	21 DEC 2002	CHN	1:32:17
11.	Xueying BAI	26 APR 2000	CHN	1:33:23
12.	Viktória MADARÁSZ	12 MAY 1985	HUN	1:34:27
13.	Karla JARAMILLO	21 JAN 1997	ECU	1:34:46
14.	Maocuo LI	20 OCT 1992	CHN	1:35:18
15.	Inês MENDES	11 APR 2003	POR	1:35:44
16.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:36:13
17.	Carolina COSTA	12 MAR 1998	POR	1:38:01
18.	Mayara Luize VICENTAINER	03 MAR 1991	BRA	1:42:14
19.	Mariana SERRÃO	24 NOV 2003	POR	1:58:20

See the full results, including junior events, at <https://worldathletics.org/competition/calendar-results/results/7189394>.



Jiayu Yang and Shijie Qieyang sprinting together to the finish line (photo World Athletics)



Brian Pintado celebrates repeat to repeat wins in Rio Maior (photo <https://maisribatejo.pt>)

FRENCH INTERCLUB CHAMPIONSHIPS ROUND 1, ACROSS FRANCE, 6-7 MAY 2023

Thanks to Emmanuel Tardi who reports on the First round of the French Interclub Championships which were held across France last weekend. In an amazing show of depth, more than 1000 contested men's 5000m walks and more than 1000 contested women's 3000m walks in more than 60 different places. **Aurélien Quinion** was the fastest of the men with 19:06.69. I note also the time of **Hatem Ghoula** at 20:54.82 – he set an all-time world best of 18:05 way back in 1997. On June 7th, he will turn 50 years of age! Interestingly, his name occurs again in Bob Cruise's article later in this newsletter. For the women, **Clemence Beretta** bettered the French record in Epinal with 12:15.89 and **Chloé Le Roch** bettered the French Cadet record with 13:28.03.

The second round will take place in two weeks time, but without the best French walkers who will racing in the European Cup in Podebrady.

3000m Walks for Women

12:15.89	BERETTA Clemence	Athletic Vosges Entente Clubs	07/05/2023	Epinal
12:38.72	MOUTARD Camille	Athle 21	07/05/2023	Dijon
12:58.59	MANARESI Marion	Ac Romorantin	07/05/2023	Blois
13:21.70	DELAHAIE Ana	Stade Bordelais Athletisme	07/05/2023	Bordeaux
13:28.03	LE ROCH Chloé	CJF Saint Malo	07/05/2023	Montfort
13:30.78	BIRE-HESLOUIS Maele	Pays Saint-Lois Athletisme	07/05/2023	Caen
13:42.20	DENISSELLE Vanessa	Val-de-reuil Ac	06/05/2023	Rouen
13:56.82	TERREC Eloise	Nancy Athletisme Metropole	07/05/2023	Tomblaine
13:58.68	PICARD Axelle	Nancy Athletisme Metropole	07/05/2023	Tomblaine
14:07.34	MERBITZ Marine	Montbeliard Belfort Athletisme	07/05/2023	Dijon
14:10.91	MILLE Agathe	Grac Athletisme	07/05/2023	Reims
14:12.77	VIDALINC Celia	Clermont Auvergne Athletisme	07/05/2023	Aix les Bains
14:14.00	PESLERBE Bertille	Pays de Broceliande	07/05/2023	Montfort
14:20.21	DUCLOS Adele	Athle 91	07/05/2023	Pontoise
14:22.13	CHAMPALOU Lucie	Athletic Trois Tours	07/05/2023	Blois
14:24.51	THEOLIER Lily	Annecy Haute Savoie	07/05/2023	Aix les Bains
14:26.52	ROULAND Marion	Stade Dieppoise	06/05/2023	Rouen
14:29.14	MASSON Liv	Stade Bordelais Athletisme	07/05/2023	Bordeaux
14:31.13	BUAUD Elise	Athletisme Metz Metropole	07/05/2023	Tomblaine
14:31.21	MOLIST Lucille	Cs Bourgoin-jallieu	07/05/2023	Aix les Bains
14:34.18	AURRIERE Camille	Ac Roche-Sur-Yon	07/05/2023	Cholet
14:35.52	ROTTIER Marine	La Postillonne Longjumeau	07/05/2023	Noisy-le-Grand

5000m Walks for Men

19:06.69	QUINION Aurelien	Ent Franconville Cesame VO	07/05/2023	Pontoise
19:12.07	BORDIER Gabriel	Us St Berthevin	06/05/2023	La Pommeraye
19:57.03	DURAND Dimitri	Montpellier A Mediterranée	07/05/2023	Nimes
19:59.50	DUC Matteo	As Aix-Les-Bains	07/05/2023	Aix les Bains
20:24.67	GUINAUDEAU Keny	Ac Roche-Sur-Yon	07/05/2023	Cholet
20:26.90	DREVILLE Lucas	Entente Oise Athletisme	07/05/2023	Tergnier
20:28.85	HUE Aymeric	Ec Orleans Cercle Jules Ferry	07/05/2023	Blois
20:53.13	MADLINE-DEGY Martin	Blagnac Sc	07/05/2023	Tournefeuille
20:54.82	GHOULA Hatem	Haute Bretagne Athlé	07/05/2023	Montfort
21:11.03	ROBICHON Alexis	Ac Roche-Sur-Yon	07/05/2023	Cholet
21:17.23	BATIFOL Ellis	Asvel Villeurbanne	07/05/2023	Saint Etienne
21:19.73	DRISSI Raouf (TUN)	Stade Sottevillais 76	07/05/2023	Rouen
21:20.44	RODRIGUEZ Remi	Clermont Auvergne Athletisme	07/05/2023	Aix les Bains
21:27.84	DAVAUX Herve	Athletic Trois Tours	07/05/2023	Blois
21:34.19	ELLUL Hugo	So Calais Athletisme	07/05/2023	Bruay la B.
21:46.86	BENJELLOUN-TOUIMI Leo	Stade Bordelais Athletisme	07/05/2023	Bordeaux
21:48.31	CHENUET Quentin	Gien Athle Marathon	06/05/2023	Tours
21:56.76	LEBRETON Kilian	Haute Bretagne Athlé	07/05/2023	Montfort
21:59.16	BEAUVAL Florent	Stade Sottevillais 76	07/05/2023	Rouen
22:00.54	LECAPLAIN Maxime	Pays Saint-lois Athletisme	07/05/2023	Caen
22:00.89	PICART Bastien	Athletic Clubs Du Littoral 44	07/05/2023	Cholet

OUT AND ABOUT

Francesco Fortunato, the winner of the Madrid 10km walk (see last week's newsletter) commented about the IOC decision to drop the 35km walk in favour of a marathon relay at the 2023 Olympics:

"I'm pleased with the news, I see it as a new opportunity for walkers, but I'm sorry it turned out to be the replacement of a race. This format is a good news, but I didn't like the fact that it replaced the 35km: it wasn't fair to the walkers, to those athletes preparing for a specific race. I am also worried about what the future will be like, because if we are faced with these decisions imposed without confrontation... I had attended a meeting of the International Athletic Commission to discuss this because World Athletics wanted feedback from athletes and the discourse had emerged that it wasn't right to

eliminate the 35 km, but all our words were useless. We had all said to keep the 35km and instead... When I found out I understood that we don't count for anything, it's useless even asking for opinions: they had already made up their minds. Above all, I did not understand the reasons“.

See the full post-event interview at <https://www.oasport.it/2023/05/francesco-fortunato-35-km-esclusa-noi-atleti-non-contiamo-niente-per-le-medaglie-devo-migliorare/>.

BOB CRUISE ZOOMS IN ON THE FINAL 100M JUDGING RULE

Thanks to former IAAF International Judge Bob Cruise of Adelaide for this illuminating exposition on the Final 100m Judging Rule.

An Interpretation of the '100 Metre' Rule.

Following the recent 2023 Australian Track and Field Championships I was asked to explain the '100 Metre Rule'. To do this I needed to refer to the relevant World Athletic rules, any rules that the national association may have added or deleted (called 'Rule Dispensations' in Australia) and to look at precedents that have occurred either in Australia or elsewhere.

Rules relevant to an interpretation follow:

World Athletics Technical Rules:

World Athletics Technical Rule 54.4.1 refers to the function of the Chief Judge whereas World Athletics Technical Rule 54.6 refers to the function of an ordinary judge. These rules are shown following.

Function of the Chief Judge - 54.4.1

In competitions held under paragraphs 1.1, 1.2, 1.3, 1.4 and 1.6 of the International Competition definition, the Chief Judge has the power to disqualify an athlete in the last 100m, when their mode of progression obviously fails to comply with Rule 54.2 of the Technical Rules regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. They shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

Function of an Ordinary Judge - 54.6

In competitions held under paragraphs 1.1, 1.2, 1.3, 1.4 and 1.6 of the International Competition definition
When a Judge observes an athlete failing to comply with Rule 54.2 of the Technical Rules by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

The above states that:

- The rules apply only to specific events i.e. competitions held under paragraphs 1.1, 1.2, 1.3, 1.4 and 1.6 of the International Competition definition. Many World Athletics member associations have however chosen to incorporate such rules into their competition/technical rules.

Athletics Australia has chosen to do so and have determined that only those judges with an Oceania grading can carry out such a disqualification under rule 54.4.1;

- The Chief Judge only judges the last 100 metres of a race and then only in accordance with Rule 54.4.1. Athletics Australia has determined that the Chief Judge can act as an ordinary judge as well as carry out the function of Chief Judge. Australian international judges have recently chosen to exercise discretion in relation to this dual role.
- An athlete disqualified by the Chief Judge shall be allowed to finish the race;
- Although not included in the two rules cited above, but listed elsewhere in World Athletics rules, a disqualified athlete may appeal their disqualification; and importantly;
- There is a difference in the wording of how the Chief Judge and an ordinary judge may issue a red card. This difference in wording is paramount to the circumstances under which a Chief Judge may disqualify and how an ordinary judge may issue a red card.

It is the inclusion of the word '*obviously*' in WA Rule 54.4.1 that is significant.

What does 'obviously' mean? – A Precedent

In 2007, at the Osaka World Championships Spaniard, Francisco Fernandez overtook Hatem Ghoula of Tunisia in the closing 50 metres of the race to finish second across the line – the Spaniard making up over 8 metres. Ron Daniel, the Chief Judge, disqualified Fernandez under the '100 Metre rule'.

The Spanish team lodged a protest on behalf of Fernandez. The protest was ultimately received by the Chair of the Jury, Amadeo Francis (Puerto Rico). Other jurors included eminent members of the IAAF. Cesar Moreno (Mexico), a long standing member of IAAF committees and IAAF Council member was called to give expert evidence.

The decision of the Jury overturned the Chief Judges decision. It stated:

After examining the video of the race and discussing with the Chief Judge, the Jury of appeal decided unanimously that the mode of progression of the Spanish athlete did not merit a disqualification.

The Jury of Appeal in its decision noted that the purpose of Rule 230.3 (a) is to prevent athletes from improving their position in the closing stages of the competition by obviously failing to comply with the mode of progression defined as race walking.

Moreno later provided an explanation in a paper entitled 'Understanding IAAF Rule 230'.

... in the third line is the word <<obviously>>, which means that the infringement of the rule must be clearly appreciated by everybody in the stadium or behind the TV screens, including the Jury of Appeal.

So, there it is. A precedent has been established. A Chief Judge shall only issue a red card for disqualification in the last 100 metres of a race when the infringement is obvious to everyone (including Judges, officials, those sitting in the stand, those watching on television as well as the jury (**not** just the Chief judge) **and** improving their position - a significantly different decision than that a judge may make when acting as an ordinary judge.

Bob Cruise
16 April 2023

TIME FOR ANOTHER BOOK

Ok, time to load another old and interesting walking book to my archive at <http://www.vrwc.org.au/vrwcbooks.shtml> and it's a very old one. Note that it takes a while to download as it is a big file.

Pedestrianism Or An Account of the Performances of Celebrated Pedestrians During the Last and Present Century: With a Full Narrative of Captain Barclay's Public and Private Matches; and an Essay on Training
By Walter Thom, Aberdeen, 1813

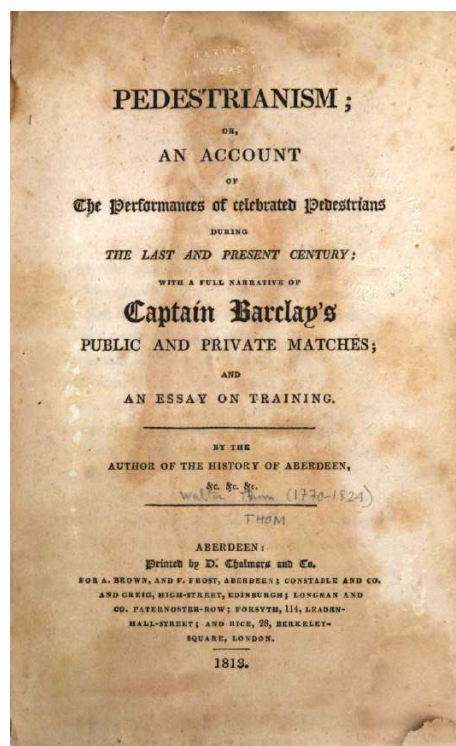
This wonderful 286 page booklet is by far the earliest pedestrian book and is a must read for any serious sports historian. It was written by Scottish book publisher Walter Thom and published in 1813.

The early chapters on Modern Pedestrianism trace the history of this sport from the late seventeen hundreds up to Captain Barclay's walk in 1809.

The middle chapters publish Captain Barclay's diary of his full walk of 1000 Miles in 1000 Hours.

The chapter On Training discusses the use of purgatives, emetics, sweats and diet on preparing the pedestrian for his forthcoming feats. Not for the faint hearted!

Hardcopies of this book are very scarce and normally fetch upwards of US\$500.



DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of COVID-19 issues.

Victorian & National Key Dates – 2023

Sat 13 May 2023	VRWC Points races #2 – Middle Park
Sun 21 May 2023	AV 35km, AV Schools & VRWC c'ships; Club non-points races – Middle Park
Sat 3 Jun 2023	VRWC Points races #3 – Middle Park
Sun 11 Jun 2023	Racewalking Australia LBG Carnival – Stromlo Sports Park, Canberra ACT Enter at http://vrwc.org.au/wp1/
Sat 17 Jun 2023	VRWC 'Guess Your Time' prizes day – Middle Park
Sun 6 Aug 2023	AMA Masters 20km road c'ships - Adelaide

International Dates

Sun May 21, 2023	2023 European Race Walking Team Championships , Podebrady, CZE
Sat 3 June 2023	36th Gran Premio Cantones de La Coruna de Marcha – La Coruna, ESP
28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Venue TBA
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

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